

OUTGREW HER STRENGTH

A fine, tall daughter, the pride of her parents, may have grown too fast. If, with her height, she is calm, even-tempered, rosy, with bright eyes and a springy footstep, you have nothing to fear for your girl. But this rapid growth is sometimes gained at the expense of her strength. Wayward temper, a constant hunger for sweets, headaches, and a pain in the back and side after a little healthy exertion mean that instead of entering womanhood smoothly and without disturbance, as she should, she is paying already the penalty of thin blood. Watch for moods. Look, after she has climbed a hill or run upstairs, for breathlessness, a color that comes and goes, and a heart that beats fast and painfully. These mean anemia, and an anemic girl will never make a healthy, blooming woman. She is bloodless. Let her have Dr. Williams' Pink Pills for Pale People. Soon a better appetite, bright eyes, calm temper and fresh color in lips and cheeks will tell you she is making new blood. Then all will be well. "Building Up the Blood" is a useful booklet that will be sent free on request by the Dr. Williams' Medicine Co., Schenectady, N. Y. Your own drug-gist sells Dr. Williams' Pink Pills. Price 50 cents.

Itching Blisters On Baby's Head

And Face. Scalp Sore and Red. Itched so Had to Tie Hands. Hair Fell Out. Head Disfigured. Cuticura Healed in 13 Days.

"My baby had blisters break out on his head and face. His scalp was sore and red and he was very cross and fretful. The breaking out itched and kept him from sleeping, and I had to tie his hands to keep him from scratching. His hair fell out and his head was disfigured. His face was terrible."

"My niece was telling me about Cuticura Soap, and I bought them. He was healed in thirteen days." (Signed) Mrs. Felix Smart, 21 Seventh St., Old Town, Me., Aug. 7, 1916.

Cuticura Soap and Ointment are not only most valuable for the treatment of pimples, blackheads, redness and roughness, dandruff and irritated scalp, but their great mission is to prevent such conditions.

For Free Sample Each by Return Mail, address post-card: "Cuticura, Dept. R, Boston." Sold everywhere.

ALL CANADA'S WHEAT WILL GO TO BRITAIN

Decision of the Canadian Council of Agriculture, Meeting at Regina, Is Announced.

Ottawa, Ont., March 16.—The government has received word that the Canadian council of agriculture, meeting at Regina, has decided that the whole wheat crop of Canada shall be taken for the British government.

CARRANZA IN HIS CASTLE.

Capital of Mexico Retransferred to Mexico City and Chief Goes to Chapultepec. Mexico City, March 16.—The capital of Mexico was retransferred here Wednesday night on the arrival of President-elect Carranza from Queretaro. General Carranza came to the city quietly and went immediately to the Chapultepec palace.

JOHNSON QUITS GOVERNORSHIP.

He Is Succeeded by Lieut. Gov. W. D. Stevens.

Sacramento, Cal., March 16.—Gov. Hiram W. Johnson surrendered his office yesterday for the purpose of taking his seat in the United States Senate, to which he was elected last November. Lieut. Gov. William D. Stevens becomes governor.

GIRLS! WOMEN! TAKE CASCARETS IF CONSTIPATED

They Live Your Liver and Bowels and Clear Your Complexion.

Don't Stay Headachy, Bilious, With Breath Bad and Stomach Sour.

Get a 10-cent box now. To-night, sure! Take Cascarets and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Cascarets will live your liver and clear your thirty feet of bowels without griping. You will wake up feeling grand. Your head will be clear, breath right, tongue clean, stomach sweet, eyes bright, step elastic and complexion rosy—they're wonderful. Get a 10-cent box now at any drug store. Mothers can safely give a whole Cascaret to children any time when cross, feverish, bilious, tongue coated or constipated—they are harmless.—Adv.

SPECIALS For Friday and Saturday!

The Golden Morn Coffee, per lb. 19c

Japan Tea, per pkg. 20c

Spaghetti and Macaroni, 3 packages for 25c

3-lb. can Pears, per can. 16c

B. P. Shadroui, 50 Brook Street, Barre, Vt.

TELEPHONE 114-W

INTERVENTION IN CUBA POSSIBLE

United States Does Not Consider the Situation Settled

THE GERMANS STILL ACTIVE

Transport Dixie Is Watching Interned Steamships

Washington, March 16.—The Cuban situation is far from considered settled by this government officially.

While there has been no definite talk of intervention, it is positively known such a step is within the bounds of possibility.

German plotting and sinister German influence in the island republic are not broken.

The capture of Jose Miguel Gomez, insurgent leader, heralded at first as smashing the German conceived insurrection, has failed to quell the trouble.

Official reports to Washington from this government's diplomatic, consular and naval officials in Cuba have convinced Washington officials that chances of a return to peace there still are remote.

Guerrilla warfare continues. In some sections it is spreading faster than it is being stamped out. Accompanying it is more destruction of property than government officials here will admit.

These frankly admit that they are helpless to a great extent in the matter of running down German plotters against the United States who have their headquarters in Cuba.

Such plotters, it has been reported here, have a double purpose. One is to give the United States all the trouble possible—to draw this government's attention away as far as possible from Europe; the other is the use of Cuba as the most strategic point for secret wireless stations, perhaps, and as the best stamping ground for any of the many moves German spies and German military workers might desire to make in the event of hostilities between the United States and Germany.

Germany's plottings as regards Mexico—revealed in the notorious Zimmermann Japan-Mexico letters—officially admit, are a criterion of what could be expected as regards Cuba and South and Central American countries that afford submarine base possibilities in the vicinity not only of the United States but the Panama canal.

This government just now is particularly interested in what is going on aboard the interned German and Austrian liners at Havana and other Cuban ports.

This interest recently has become so keen that the United States transport Dixie has moved toward the Havana harbor entrance and anchored between the entrance and the Austrian and German boats, with her six-inch rifles trained "where they would do most good."

The cruiser Cuba, too, in the past twenty-four hours has moved into a "more advantageous anchorage."

These war vessel moves have started many wild rumors. One of them is that one or more of the interned merchantmen has received secret orders and is prepared for an attempted dash to sea, should a war declaration come. Other rumors are that arms and ammunition have been smuggled aboard these ships which, should a clash to the open sea succeed, would be fitted out as commerce raiders.

Havana Still Under Martial Law. Havana, March 16.—Despite general belief that the revolution is broken, Havana is still under what practically amounts to martial law. Moreover, the city's army guards are taking no chances.

Every automobile and street car passing outside the city limits is thoroughly searched, particularly for arms.

Pablo Deservine, secretary of state for Cuba; Cristobal Bidegaray, counsel for the Cuban state department; and Alfredo E. Lombard, a lawyer, are en route to Washington to present to the American administration the Conservative party's side in the recent revolution. They expect to see Secretary of State Lansing and will be ready, if desired, to reveal Cuba's true situation and the causes of the recent revolution to President Wilson.

WHITE RATS ENJOINED.

Chicago Court Forbids Picketing of the Theatres.

Chicago, March 16.—Members of the White Rats Theatrical union were yesterday prevented from picketing theatres or in any way interfering with their employees, by an injunction granted by Judge Baldwin of the circuit court. The injunction was the result of a strike by members of the White Rats, who have picketed play houses in various parts of the city, charging that the proprietors are unfair to union actors.

HELPFUL HAIR HINTS

Worthy the Attention of Everyone Who Would Avoid Dandruff, Itching Scalp, Gray Hairs and Baldness.

"What will stop my hair coming out?" Reply: Parisian Sage is the best remedy for hair and scalp trouble; said to prevent baldness, grayness, dandruff.

"Before going to bed, I always rub a little Parisian Sage into my scalp," says a woman whose luxurious, soft and fluffy hair is greatly admired. This stops itching scalp, keeps the hair from falling out and makes it easy to dress attractively.

Beautiful, soft, glossy, healthy hair for those who use Parisian Sage. You can get a bottle of this inexpensive French hair dressing from the Red Cross Pharmacy and druggists everywhere, with guarantee of satisfaction or money refunded.—Adv.

THIS WOMAN TOLD TO CHOOSE

Between Operation and Death. Cured by Lydia E. Pinkham's Vegetable Compound.

Des Moines, Iowa.—"My husband says I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound. I suffered from a serious female trouble and the doctors said I could not live one year without an operation. My husband objected to the operation and got me to try Lydia E. Pinkham's Vegetable Compound. I soon commenced to get better and am now well and able to do my own housework. I can recommend Lydia E. Pinkham's Vegetable Compound to any woman as a wonderful health restorer."—Mrs. BLANCHE JEFFERSON, 703 Lyon St., Des Moines.

This famous remedy, the medicinal ingredients of which are derived from highly prized roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

2D LIEUTENANT GRADE IS OPEN

To Men Without Military Experience If They are Physically and Mentally Adapted to Military Life.

Washington, D. C., March 16.—The grade of second lieutenant in the officers' reserve corps of the army has been thrown open by Secretary Baker to men without any military experience whatever, provided they are physically and mentally adapted to military life. An urgent plea has been sent out to men between 21 and 32 years old over the country to send in applications for commissions with assurances that the army will supply after enrollment the military training necessary to fit them for duty.

Under the national defense act, the corps should be able to furnish officers for a force of 1,000,000 volunteers in war time and also serve as a reservoir from which additional officers for the regular army could be drawn at need. Less than 1,000 men have been given reserve commissions in the line, despite the fact that the law has been in operation for more than eight months. Applications are coming in slowly and army officers are using every means in their power to attract young men to this service as a patriotic duty.

There appears to be no lack of men desiring to serve in the staff corps reserve, such as the engineer corps, the quartermaster division and the medical service. Enough commissions in these corps have been issued to provide the special army for a million troops. It is fighting men who are lacking, line officers who may look for service at the front in time of war. Army officers believe the failure to fill up this reserve is due only to lack of information as to the requirements, for it is the fighting lines that are attractive to young men in wartime.

Eventually the reserve officers training corps, composed of units at universities, schools and colleges, will provide more than 6,000 men a year, it is estimated, for reserve commissions. The first fruits of this scheme for educating reserve officers, however, will not come until 1918 and then not more than 3,000 junior officers can be expected to be turned into the reserve. In all probability many of these will be required for regular army commissions, reducing the reserve strength by that much.

The law prescribes that no man shall be commissioned in the reserve without having passed examination. The war department has realized that lack of previous military experience of any kind is probably preventing young men from their college days from making application. For that reason every effort has been made to make it known throughout the country that military experience is not required. Men will be commissioned who have never worn a uniform or faced a drill sergeant. The army will gladly undertake to furnish those who are otherwise suitable with the necessary professional training after they have entered the service.

This applies, however, only to the grade of second lieutenant. First lieutenants, captains and majors must show previous military experience to earn their commissions. The heavy responsibilities for the care of troops that goes with such grades necessitates this restriction.

Applicants for second lieutenants' commissions are being assured that every opportunity will be given them after enrollment in that grade to advance themselves to higher rank.

The department has appealed to young men who care to offer their service to apply without delay to the commander of the military department in which they live for necessary papers and information. Letters should be addressed to the commanding general, eastern department, Governor's Island, N. Y., central department, Chicago, Ill., southern department, San Antonio, Tex., and western department, San Francisco, Cal. They will receive prompt attention and arrangements for the examination of an applicant will be made to suit his convenience as nearly as possible.

To those who receive commissions, the summer training camps of the army will be open and they will receive travel allowance and pay that will more than offset any expense to which they may be put. Only a simple field uniform is required for reserve officers, involving little expense, and the government assumes this cost also eventually.

In wartime reserve officers would be required to report for duty either in person or by letter, as he may direct, to the commanding general of the department in which they reside. They will be assigned to regular or volunteer regiments, as the occasion warrants, and when called out will receive the full pay and allowance of their grade in the regular service.

JAPAN IS FRIENDLY TO UNITED STATES

If People of Both Countries Could Have a Little More Light the Permanence of Amity Would Be Assured.

Pittsburg, Pa., March 16.—Aimaro Sato, Japanese ambassador to the United States, addressed the Pittsburg Press club at its annual dinner last night, speaking on Japanese-American relations. The permanence of amity between the two countries was assured, said he, if the people of both countries could have a little more light, to enable them to throw off fear and prejudice which were born of ignorance, and he appealed to the gentlemen of the press to be the torch-bearers for the light that was needed.

"Where the American is indifferent," said Ambassador Sato, "he cannot be wise. Where he is not well informed he cannot be just. It is well for us to be mindful always of the fact that there are always present, both in the United States and Japan, men and influences that are ready and even eager to set the delicate fabric of peace on fire."

"Herbert Spencer put into a brief sentence what we all know, but which we can never remember for any length of time: 'We all decay prejudice,' said he, 'yet we are prejudiced!'"

On the other side of the Pacific a world drama is being enacted which is no less important to America than the one in Europe, said the ambassador, because the far eastern drama is constructive instead of destructive. "America should know more of it," said he, "for the world is about to enter upon what might be called a pacific era and the United States is tipping on the threshold of a new day wherein she is to be at once a world merchant and a world power."

The ambassador introduced his address by picturing the people of Pittsburg as "a race of poets," not of the classic type, but "poets of the ultra-modern sort who chisel their canons in a Panama cut or trace their lines in steel rails across the continent." Accordingly, the ambassador spoke not of the Japan of the laquer trays and a fan, but of the Japan of achievements—Japan in her overalls, in the world's market places and at the helms of her ships combing the seven seas. He said:

"In some quarters of this country, an impression prevails that the empire of Japan is a handful of lean islands as sterile as the classic but stern shores of Attica or of your New England states. In a sense this picture is correct. In more senses than that it is altogether wrong. Some of my friends here present may, perhaps, be astounded to hear that the northernmost edge of our empire cuts the 51st degree north latitude, the same line which nicks in the northern tip of Newfoundland and runs through Siberian snow; while in the south our island of Formosa kicks its southernmost toe through the 22d degree north latitude—the same line which goes through the heart of the West Indies in the Caribbean. From north to south, therefore, the empire of Japan covers a much greater reach than this great United States. All this naturally gives Japan a wealth of varying climatic belts and their agricultural and marine products. But the impression of the spacious reach of the empire created by what I have said should be largely discounted. Japan is by no means a continuous chain of islands stretching from the 51st degree north latitude down to north latitude 21 degrees and 48 minutes. A trans-Pacific express liner can steam from Khabarovsk, the southernmost port of the group of islands forming Japan proper, to Keelung, the northernmost port of Formosa, without sighting land for days. With all that, with our overseas domains, the empire of Japan has today the total area of over 260,000 square miles or nearly six times as large as the state of Pennsylvania, or about 2,000 square miles smaller than the one state of Texas. And on that area 77,289,000 people have their being, according to the official report of 1916.

"And this empire is no longer drunk with the color and perfume of the four seasons; neither does it sit a long night through chanting to the silver witchery of the moon. It has laid aside the happy and simple life of Arcadia along with many other childish things. It has come to life in terms of trade and accumulated wealth. As with you Americans, it is the poetry of achievement that guides the highlights of its dreamings and its aspirations."

Ambassador Sato told the story of Japanese industrial growth. He told of the first silk reeling establishment in Japan in 1872 under the supervision of a French engineer, at a time when the total exports of Japan, "including everything from silk to dried cuttlefish," amounted to only \$8,500,000 a year, whereas last year Japan's export of raw silk alone was valued over \$133,500,000. He told how an obscure student established the first match factory in a private house in Tokyo in 1875, and how Japan had developed this industry until, in 1916, she exported over \$100,000,000 worth of matches. He told of the first cotton-ginning mill of the western type in Japan. It was of British manufacture, completed in 1863 and managed by an American expert. "To-day," he said, "Japan has 160 spinning factories with the combined paid-up capital and reserve of more than \$62,000,000 gold, while cotton yarn came next to silk as the most important item in Japanese exports. To-day Japan seems to have more ships in the Pacific than all the American overseas traders put together."

Of late, he said, a great deal had been heard of the withering competition of Japan, especially in the markets of China, but he declared that this was largely a nightmare. The things which Japan was exporting to China were things which America was not anxious to furnish and the things which the United States was selling China were things which Japan was not furnishing to any appreciable extent.

Sick-Headache!

Dr. J. J. Caldwell says that this exceedingly distressing disease does not shorten life, but does not appear to be curable. Sufferers from this affliction are condemned to undergo the periodical attacks every few weeks until they are forty years of age, after which the attacks are less frequent, and usually disappear entirely. Palliative measures during the attack are all that it is possible to suggest, while care is taken in the interval to prevent the attack from recurring. One anti-kamnia tablet every two hours during the attack shortens it, eases the pain and brings rest and relief. Anti-kamnia tablets may be obtained at all druggists. Ask for A-K Tablets. They quickly relieve all pain.

The Mildest tobacco for cigarettes is Turkish.

The Best tobacco for cigarettes is Turkish.

Listen to facts.

Helmar is a Pure Turkish Cigarette of a kind "all its own"—no other like it—it has stood the Test.

Helmar is just better, and being better it's "just bully"—and that's what you want, isn't it?

Think it over—and make your next cigarette purchase as your best judgment directs.

Friend, if you will once, you will many times.

Quality Superb

100% Pure Turkish Tobacco Put Together Right

Amalgamated Makers of the Highest Grade Turkish and Egyptian Cigarettes in the World

CRISIS HOLDS UP POTATOES.

Aroostook County Shippers Notified That None Can Go to Boston.

Bangor, Me., March 16.—Word was received from Houlton Wednesday night that shippers in Aroostook county had been notified that, in view of the possibility of a railroad strike, an embargo had been declared by the Bangor & Aroostook railroad on potatoes and other non-perishable freight. The shippers were informed that no shipments for Boston would be permitted after 6 p. m. Wednesday or for New York after 6 p. m. yesterday.

GUARD TO PLAN DEFENSE.

All the States and Hawaii to Be Represented at Meeting in New York.

New York, March 16.—Questions of national defense will be discussed by the adjutants general and line commanders of the National Guard of all the states and Hawaii in a meeting here beginning March 27.

GLASGOW WANTS POTATOES.

Crowd of 2,000 Women Marches to City Hall in Protest.

Glasgow, March 16.—Two thousand women marched to the municipal building yesterday in a demonstration against the city's action in withholding potatoes. The city corporation, then meeting, declined to receive a deputation of the marchers.

A Socialist city member who objected to this decision was suspended from the corporation, with three others.

Japan's Courtesy. Washington, March 16.—Japan's offer

of a warship to bring home the body of the late Ambassador Guthrie was formally accepted yesterday. The usual neutrality restrictions as to coaling and length of stay will be suspended.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of

Wm. H. Stearns

Headaches

come mostly from disorders of the stomach, liver and bowels. Regulate these organs and keep free from headaches by using

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.

You can get Sunkist Oranges wherever uniformly good fruit is sold. Tissue wrappers stamped "Sunkist" identify the genuine. Order now.

Sunkist Uniformly Good Oranges

California Fruit Growers Exchange